

MARINES HYMN MARINES HYMN



From the Halls of Montezuma
To the shores of Tripoli
We fight our country's battles
In the air, on land, and sea.
First to fight for right and freedom
And to keep our honor clean;
We are proud to claim the title
Of United States Marine.

Our flag's unfurled to every breeze
From dawn to setting sun;
We have fought in every clime and place
Where we could take a gun.
In the snow of far-off Northern lands
And in sunny tropic scenes;
You will find us always on the job--
The United States Marines.

Here's health to you and to our Corps
Which we are proud to serve;
In many a strife we've fought for life
And never lost our nerve.
If the Army and the Navy
Ever look on Heaven's scenes,
They will find the streets are guarded
By United States Marines.

FOR MORE RESOURCES CALL
YOUR FAMILY READINESS
OFFICER 252-466-5345 OR
252-876-1052



Family Readiness Resources



For The Single Marine



VMAT-203 Commanding Officer's Policy "Family Readiness"

Preparation and readiness are the keys to our success. Family readiness is no different than aircraft or combat readiness. My goal is to instill the fact that our people and their families are our most valuable asset.

I ask that every Marine in this command to take advantage of the many resources available to ensure that your family is prepared for any contingency. At VMAT-203, we will not be deploying overseas for six plus months, but that does not lessen the need for a well-prepared and well-taken care of family.

Marine Corps Family Team Building and Marine Corps Community Services are there to provide many services to our families. Use them. Excellent programs such as CREDO, L.I.N.K.S., PREP, New Parent Support, Community Counseling, Military One-Source, Exceptional Family Member and Semper Fit (and others) are available for you and your family. Again, use them.

The VMAT-203 Family Readiness Officer is always available to answer your questions and assist you. In their absence, the Executive Officer and Sergeant Major are both well-versed in the many resources available to you and your family.



MCCS PHONE DIRECTORY

Information, Tickets & Travel 466-2197
L.I.N.K.S 466-5588
Library 466-3552
Marine Corps Exchange ... 447-7041
Marine Corps Family Team Building 466-4637
Marine Dome 466-2566
Marine Mart 463-1639
Massage Therapy. 444-0829
MCX Convenience Store 463-1626
Military Clothing Store 463-1608
New City Deli 466-9328
New Parent Support 466-3651
Outdoor Connection 466-4058
Package Store 463-1638
Pelican Point Marina 466-2762
Personal & Marital Counseling 466-4401
"The Pit" Bar. 466-956J1
Pools
Hancock Pool 466-2168
Cedar Creek Pool. 466-2277
Combat Indoor Pool 466-2209
Relocation Assistance 466-4401
Retired Activities 466-5548
Pizzeria & Catering 466-5555
Bar 444-2733
Safety Store 466-9063
Semper Fit Department 466-4232
Semper Fit Info/Referral Center 466-6467
Single Marine Program 466-3027
Slocum Recreation Area & Lodge 466-2762
Subway 444-1864
Theater 466-3850
• Movie Line 466-3884
Vending 466-6062

MCCS PHONE DIRECTORY



7-Day Troop Store	463-1693
Accounting	466-6365
Andy's Cheeseburgers	466-9010
Aquatics	466-2510
AT&T/Sprint.	464-0015
Athletics	466-2390
Auto Care Center	463-1640
Auto Skills Center	466-2352
Barber Shop (in MCX Mall)	463-1654
Barber Shop (Near 7-Day Troop Store)	466-9263
Beauty Shop	447-1857
Bowling Center and Pro Shop	466-3910
Career Resource Center ...	466-3353
Catering	466-5555
Check Redemption	466-2980
Cherry Tree House/Youth Activities	466-3861
Child Development Center	466-3782
Community Center	466-4824
CREDO	910-450-1668
Devil Dog Gymnasium	466-2713
Dollar Rent a Car. .	447-3999/2444
Dry Cleaners	447-2'130
Employment Assistance/Volunteers	466-3353
Exceptional Family Member Assistance	466-6683
Family Child Care	466-4867
Family Services	466-4401
Financial Management	
Immigration	
information & Referral	
Personal and Marital Counseling	
Flower Shop	447-2425
Gl Joe Coffee	349-3043
GNC	444-3107
Hancock Marina and Lodge ..	466-2762
Hammond's Plaque Shop	466-9046



VMAT-203

Family Readiness Officer

Stephanie McPherson

Wk: 252-466-5345

Cell: 252-876-1052

stephanie.mcpherson@usmc.mil

My name is Stephanie, and I would like to take a moment to introduce myself as your Family Readiness Officer (FRO). I'm looking forward to having the opportunity to meet and work with you in the near future.

As your Family Readiness Officer, my primary objectives are to provide resource and referral information, assist in crisis intervention, and provide you with tools to better support each other during those times and circumstances that are simply unique to being a family member of an active duty Marine or Sailor. There are a wide range of services available on base and in the local community to assist and support both active duty and family members. Ultimately Family Readiness is the responsibility of the individual Marine or Sailor, but as your Family Readiness Officer it is my job to provide you with the assistance and tools you need to succeed.

I will provide you with unit information via our official website at: <http://www.marines.mil/unit/2ndMAW/mag14/vmat203/Pages/Default.aspx>, email, or by utilizing the Mass Communication Tool. When information is sent via the Mass Communication Tool, please be sure to confirm it. To reach your FRO: M-F Call 252-466-5345, afterhours 252-876-1052 or email Stephanie.mcpherson@usmc.mil



car Care

Auto Care Center 252-463-1640
On base across from McDonald's (On Base)

Base Hobby Shop 252-466-2352
If you bring oil and supplies needed to change your oil they will do it for you and no charge on Mondays only! (On Base)

Merchants Tire 252-447-2121
Located across from Waffle House (Havelock)

Baldree's Tire 252-444-3600
Located next to Wal-Mart (Havelock)

American Car Care Center 252-638-3592
318 1st Street (New Bern)

There are a multitude of dealerships in Morehead City, Havelock and New Bern that also perform car repairs. Please be sure to search around for the best quotes and deals.

Other Marines that have vehicles may be your best resource, ask around for a reputable Resource.



Halyburton Naval Health Clinic (466-0266)

As a note, the clinic does not have an emergency room they offer an Urgent Care Clinic only.

Urgent Care (Daily 0700-1900)	252-466-0255
Information	252-466-0266
Appointment Line	252-466-0921
Active Duty Sick Call	252-466-0355
Customer Service	252-466-0921
Laboratory	252-466-0310
Pharmacy	252-466-0254
Dental	252-466-0401
Optometry	252-466-0294
24 Hour Nurse Advise Line	866-450-3230



Call Tricare at 1800-TRICARE (874-2273)

As a active duty member you may receive referrals from your primary care manager to a specialist out in the community. You can contact tricare to check the status of your referral 72 hours after it has been requested by your (PCM).



Joint Law Center (Located on 2nd Ave, Bldg 219) 252-466-2311/2361
Need a Will or Power of Attorney?
Get one for free here at the Joint Law Center. JLC can assist you with many of your legal needs but cannot represent you in a civilian court.

However, they can provide you much sought after guidance for free, possibly saving you money in legal fees.

Navy-Marine Corps Relief Society (Located in Bldg 232, 2nd deck, Rm 220) 252-466-2031

A great resource that can provide you with financial, educational and referral assistance, should you require it. They are available to help with emergencies such as funeral expenses, medical, dental bills as well as rent, food, utilities and other unforeseen family emergencies. If you need assistance after working hours you may contact any American Red Cross, and ask for NMCRS assistance.

Education (Training and Education Bldg 4335, located on "C" street)

The education office is open Monday-Friday 0700-1630 and can be reached at 252-466-3500.

Schools available on base are Craven Community College, Park University, Southern Illinois University and Boston University.

Victim Advocacy Program

This program supports victims of rape, sexual assault, and domestic violence by providing various services and resources. These services are available 24 hours by contacting PMO at 252-466-4366



Commissary (Bldg 3918)
252-466-0800

Open: Tuesday-Sunday Early Bird Shopping @ 0800-1000 Self Check-out only

Closed: Mondays

Tuesday 0900-1900

Wednesday 1000-1900

Thursday 1000-1900

Friday 1000-1900

Saturday 0900-1800

Sunday 1000-1800



Barbershop (MCX) 252-463-1654

Barbershop (7-day store) 252-466-9263

Dry Cleaners 252-447-2130

Monday-Friday 8am-6pm

Military Clothing 252-463-1608/1

Monday-Friday 8am-8pm

Saturday & Sunday 10am-6pm

Video Store 252-444-0702

Sunday-Thursday 10am-8pm

Friday & Saturday 7am-10pm



Exchange-MCX (Bldg 3918) 252-447-7041

Open:

Monday-Friday 1000-2000

Saturday and Sunday 1000-1800

MCX Convenience Store (Bldg 4505) 252- 463-1626

Open:

Monday-Friday 0600-2200

Saturday and Sunday 0800-2200

7 Day Troop Store (Bldg 193, E Street)

252-463-1693

Open:

Monday-Thursday 0630-2200

Friday 0630-2400

Saturday 0800-2400

Sunday 0800-2200

Package Store (Bldg 3918) 252-466-1644

**(Remember you must 21 years of age or older,
drink responsibly)**

Open:

Monday-Friday 100-1900

Saturday 1000-1800

Sunday 1200-1700

Auto Care Center/Marine Mart (Bldg 4472)

Woodside Dr. 252-463-1639/1640

Gas Lanes 24 hours

Service Dept Mon-Fri 0630am to 1700



The Base Memorial Chapel
Located on "E" Street
252-466-4000
Credo/Retreats
910-450-1673

Chaplain

Catholic Mass:

Sunday 0900

Tuesday, Wednesday, Friday 1145

Protestant Liturgical Service and Communion:

Sunday 0900

Contemporary Praise and Worship:

Sunday 1100

Chaplains Religious Enrichment Development Operation (CREDO)

Personal Growth Retreat- An opportunity that helps you to address personal issues and meet new people.

To register for a retreat contact Contact Camp Lejeune Chaplains office at 910-450-1688.



Military OneSource is there for military personnel and their families.... 27/7/365!!

This resource will provide you assistance with everything from how to change a tire, help with children and behavioral issues, basic legal assistance, counseling and anything else you need assistance with. This is a one-stop shop for resources of all sorts. The service is available by phone, online, and face-to-face. Military OneSource is provided by the Department of Defense at no cost to active duty, Guard and Reserve (regardless of activation status) and their families.



MCCS is dedicated to enriching the lives of our military community by providing consistent, high quality programs, services, and facilities that promote healthy lifestyles and improve morale and readiness. MCCS is here to provide services to our military members and their families.

MCCS is proud to provide authorized patrons the best exchange, club, and recreational activities available. The money you spend at any MCCS activity is recycled into additional high quality programs and events that enhance your quality of life. Some MCCS programs available and a brief look at what they offer are:

Food and Beverage Operations Department :

Subway (Bldg 3918, Inside the MCX) 252-466-1864

Open:

Monday-Friday 0630-2130

Saturday and Sunday 0900-2130

McDonalds (Located Near the MCX area) 252-444-2269

Open:

Sunday-Saturday Lobby 0500-2300



Marinas and Outdoor Connection
Marinas and Outdoor Connection

Hancock Marina & Lodge - Bldg 4431,
Located on Creek Rd

Hancock Lodge 252-466-3620

Hancock Boat Dock 252-466-3816

Slocum Recreation - Bldg 1502,
Located on Cryogenics Dr.
(Turn on Monroe) 252-466-5812

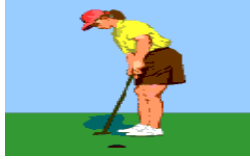
Pelican Point Marina & Ship Store - Bldg 4277,
Located on Pelican Point Rd
252-466-2762/4874

Monday & Tuesday - Closed
Wednesday - Sunday 8am to 5pm

Outdoor Connection-Located off E Street
252-466-4058

Save money and rent items such as ice chests, games, tents, sports equipment all at very reasonable prices.

Monday-Friday 8am to 5pm
Saturday and Sunday 8am to Noon
Holidays-Closed



RECREATION



Bowling Center (Located Near the Post Office)
252-466-3910

Monday-Thursday 0900-2100

Friday and Saturday 0900-0100

Sundays and Holidays 1400-2100

For prices view: [http://
www.mccscherrypoint.com/bowling.htm](http://www.mccscherrypoint.com/bowling.htm)

Golf Course (Located off Roosevelt)
252-466-3044

Monday 1200-Dusk

Tuesday-Friday 0730-Dusk

Saturday, Sunday and Holidays 0700-Dusk

Information, Tickets and Travel (Located at
Bldg 4535) 252-466-2197/2192

Check this out before buying tickets or booking
your travel. Several places offer military
discounts and also free tickets to some major
amusement parks so save yourself some money and
look here first. They also offer discounts to
many of the cruises from Morehead City area and
additional areas in North Carolina as well.

Monday-Friday 0900-1700

<http://www.mccscherrypoint.com/itt.htm>

The MCAS Cherry Point Station Theater
Movie Line 252-466-3884

Offers great food, great sodas and great enter-
tainment, all at the same place, all for the
lowest prices in the area!

\$2 Adults / \$1 Children ages 2-10



New City Deli (Located With Slocum Convenience
Store) 252-466-9328

Open:

Monday-Friday 0630-1800

Dunkin' Donuts (Located Inside Convenience
Store across from McDonalds) 252-466-3665

Open:

Monday-Sunday 0600-2000

Andy's (Located on "E" Street) 252-466-9010

Open:

Monday-Sunday 1100-2100

Joe's Internet and Coffeehouse (Located
Inside of Cunninghams) 252-466-5555

Open:

Monday-Friday 0600-2000

Saturday and Sunday 1100-2000

Wings Grill (Located above the Golf Shop off
Roosevelt Blvd) 252-466-9306

Open:

Monday 1000-1700

Tuesday-Sunday 0700-1700

The Pit (Located at Cherry Point Inn off
Roosevelt Blvd) 252-466-9561

Hours: Monday-Closed

Tuesday-Thursday 1600-2100

Friday 1600-2300, Saturday 1130-2100

Sunday 1200-2100



Havelock Restaurants

Ham's Restaurant 252-444-4267

Smithfield's Chicken N BBQ 252-447-5885

Pizza Hut 252-447-0297

Mario's Pizza and Subs 252-447-4113

Canton Chinese 252-444-2582

Crabby Patty's Seafood 252-444-1211

El Cerro Grande Mexican 252-444-5777/5701

La Rosa Italian 252-444-1121

Sonic Drive-In 252-444-2553

Subway 252-444-1864

Taco Bell 252-447-5889

Waffle House (Open 24 Hours) 252-447-3500

Diesel Brew Haus & Grill 252-447-1200

Bayside (Open 24 Hours) 252-447-2111

Bojangles 252-447-3344

Note: There are other Restaurants both north and south of Havelock in New Bern or Morehead City. Ex: Outback Steakhouse, Applebee's, Texas Steakhouse, and Golden Corral.



Semper Fit Department: community recreation, aquatics, arts and crafts, athletics/sports, Semper Fit, health promotions, youth center and youth sports, numerous fitness classes like yoga, cycling, etc, prenatal classes, personal trainers, RMR testing, and nutritional counseling.

Health and Fitness:

Devil Dog Gym (Located behind IPAC Bldg)
252-466-2713

Hancock Fitness Center (Located across from Cherry Point Inn) 252-466-4018

Fitness Connection (Located in Staff Capehart housing area) 252-466-5408

Marine Dome (Located adjacent to Devil Dog Gym)
252-466-2566

Aquatics:

Combat Pool (Located at Marine Dome)
252-466-2209

Cedar Creek Pool (Outdoor Pool-Located in Nugent Cove Housing) 252-466-2277

Hancock Pool (Outdoor Pool-Located by Fire Station on Roosevelt Blvd) 252-466-2168